
Subject: Nutrition Education Contact – Second, High Risk

Effective Date: February 17, 2006

Revised from: October 1, 2005

Policy:

High-risk nutrition education must be available to all high-risk clients during each certification period. High-risk nutrition education should be based on the client's health risk, needs, interests and cultural and language needs. High-risk nutrition education follows the basic principles outlined in **NED:01.00.00-Nutrition Education Overview**.

Only Kansas licensed dietitians are authorized to provide high-risk nutrition education. The high-risk appointment, which includes assessment and individual counseling by the licensed dietitian, shall be scheduled within 120 days of the certification visit. Additional visits may be scheduled as deemed necessary by the licensed dietitian.

Individual counseling is used to provide high-risk nutrition education. Documentation of counseling, including an update to the plan and any accompanying notes, is entered in the KWIC High Risk (RD) wizard.

High-risk clients are defined as those clients having one or more high-risk nutrition risk factors, or to whom the Professional Discretion High Risk has been assigned. High-risk nutrition risk factors show up on the Assess Risk tab in KWIC in pink. Clients with these risk factors will have a pink "HR" after their name on the Flow Sheet. Clients assigned Professional Discretion High Risk have a pink "PDHR" after their name on the Flow Sheet.

One or more of the following conditions indicates a high-risk participant:

Pregnant Women:

- Hyperemesis Gravidum
- Gestational Diabetes
- History of Gestational Diabetes
- History of Birth with Nutrition Related Birth Defect
- Cancer
- Celiac Disease
- Genetic and Congenital Disorders
- Inborn Errors of Metabolism
- Infectious Diseases

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- Recent Major Surgery, Trauma, Burns
- Eating Disorders
- Nutrient Deficiency Diseases
- Underweight
- Maternal Weight Loss During Pregnancy, 1st Trimester
- Maternal Weight Loss During Pregnancy, 2nd and 3rd Trimester
- Low Hemoglobin/Hematocrit, 1st Trimester
- Low Hemoglobin/Hematocrit, 2nd Trimester
- Low Hemoglobin/Hematocrit, 3rd Trimester
- Alcohol and Illegal Drug Use

Breastfeeding Women:

- Potential Breastfeeding Complications
- Cancer
- Celiac Disease
- Genetic and Congenital Disorders
- Inborn Errors of Metabolism
- Infectious Diseases
- Renal Disease
- Eating Disorders
- Nutrient Deficiency Diseases
- Underweight
- Alcohol and Illegal Drug Use

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Postpartum Women:

- Cancer
- Celiac Disease
- Diabetes Mellitus
- Inborn Errors of Metabolism
- Infectious Diseases
- Renal Disease
- Eating Disorders
- Nutrient Deficiency Diseases
- Underweight

Infant:

- Cancer
- Celiac Disease
- Diabetes Mellitus
- Failure to Thrive
- Genetic and Congenital Disorders
- Inborn Errors of Metabolism
- Infectious Diseases
- Recent Major Surgery, Trauma, Burns
- Renal Disease
- Elevated Blood Lead Levels

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- Potential Breastfeeding Complications
- Disabilities Interfering with the Ability to Eat
- Nutrient Deficiency Diseases
- Underweight, weight/length
- At Risk of Underweight, Weight/Length
- Very Low Birth Weight
- Low Birth Weight
- Low Hematocrit/Low Hemoglobin

Children:

- Cancer
- Celiac Disease
- Diabetes Mellitus
- Failure to Thrive
- Genetic and Congenital Disorders
- Inborn Errors of Metabolism
- Infectious Diseases
- Recent Major Surgery, Trauma, Burns
- Renal Disease
- Elevated Blood Lead Levels
- Disabilities Interfering with the Ability to Eat
- Nutrient Deficiency Diseases
- Underweight, BMI/Age

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- At Risk of Underweight, BMI/Age
- Underweight, Weight/Length
- At Risk of Underweight, Weight/Length
- Overweight, BMI/Age
- Overweight, weight/length
- Very Low Birthweight
- Low Hemoglobin/Low Hematocrit

Reference: CFR §246.11

Procedure:

1. At the certification visit, determine the risk level of the client.
2. If high-risk, complete the Flow sheet for the certification period, indicating when the appointment should be scheduled.
3. Make an appointment for the client to attend the high-risk contact with the dietitian, using the KWIC appointment book.
4. Document the high-risk contact using the KWIC RD wizard. Indicate the topics discussed, any additional referrals made, and updates to the plan of care.
5. Document refusal to receive high-risk nutrition education, using the KWIC appointment book, by marking the appointment outcome as “refused” before checks are printed for the client.
 - a. Checks may not be withheld from clients who refuse nutrition education.